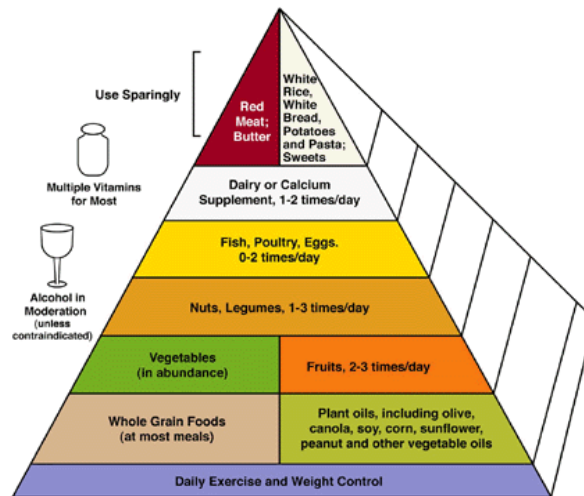


FOOD PYRAMIDS: BUILDING A BETTER PYRAMID

Healthy Eating Pyramid

A new food pyramid proposed by nutrition experts from the Harvard School of Public Health based on the latest scientific evidence on health and daily exercise and foundation of the influence that both individual's chances of also can affect how and chooses to eat. Other pyramid are listed below.



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Whole Grains (at most meals)

The main source of energy utilized by the body is carbohydrates. Whole grains include the outer (bran) and inner (germ) layers, as well as energy-rich starch. Since whole grains take longer to digest than processed carbohydrates (white four products), blood sugar and insulin levels are kept from rising and falling too quickly. This may help to prevent the development of **Type II Diabetes (adult onset diabetes)**.

Examples: brown rice, oatmeal, whole-wheat bread, and whole wheat pasta

Plant Oils

Since the average American gets 1/3 or more of his or her daily calories from fats, it makes sense to place plant oils, which are types of healthy unsaturated fats, near the foundation of the pyramid. These heart healthy fats can help to improve cholesterol levels, as well as protect the heart from potentially deadly rhythm problems.

Examples: peanut, olive, corn, & other vegetable oils, and fatty fish (salmon)

Vegetables (in abundance) and Fruits (2 to 3 times)

A diet rich in these can help to lower blood pressure, protect against a variety of cancers, decrease the chances of having a heart attack or stroke, help to avoid intestinal problems, and guard against vision impairments.

Fish, Poultry, and Eggs (0 to 2 times)

These are all important sources of protein. Research has suggested that eating more fish can help to lower the risk of developing heart disease. Poultry can be a good option if it is low in saturated fat. Contrary to previous opinions that eggs are unhealthy due to their high levels of cholesterol, they are now being thought of as a healthy protein choice.

Nuts and Legumes (1 to 3 times)

Not only are these good sources of protein, they are also good sources of minerals, vitamins, and fiber.

Examples of legumes: garbanzo beans, black beans, navy beans, and other beans

Examples of nuts: hazelnuts, pecans, almonds, walnuts, peanuts, and pistachios

Dairy or Calcium Supplement (1 to 2 times)

In order to build bone and keep it strong, it takes exercise, vitamin D, calcium, and other things. The main source of calcium for many Americans in the past has been dairy products. These can typically be high in saturated fats. There are many other sources to get calcium from than dairy products. If choosing dairy products, opt for low-fat or no-fat ones. Calcium supplements are also a good choice.

Red Meat and Butter (Use Sparingly)

These are placed at the top of the pyramid because they are high in saturated fats. Try switching to poultry or fish a few times a week, which can help to improve cholesterol levels. Try olive oil instead of butter.

White Rice, White Bread, Potatoes, Pasta, and Sweets (Use Sparingly)

These used to be on the bottom of the pyramid, but now they are on the top. The reason is that they cause very rapid increases in blood sugar that can lead to weight gain, heart disease, Type II Diabetes, and other chronic disorders. Whole grains take longer to digest, which helps to control the sugar and insulin levels in the body.

Multiple Vitamins

A daily multivitamin can add as a nutritional backup. It cannot replace a healthy diet or make up for an unhealthy one though. Make sure that it meets the standards of the USP (U.S. Pharmacopeia), an organization that sets standards for drugs and supplements.

Alcohol

Research has suggested that one drink a day can be beneficial in lowering the risk of heart disease. In addition to its health benefits, it also has risks. That is why moderation is of the utmost importance. For men, it has been suggested 1 to 2 drinks a day. For women, it has been suggested 1 drink a day at the most.